

# Gemba

## PHYSICAL ACTIVITY DURING COVID-19 LOCK-DOWN

INSIGHTS INTO AUSTRALIANS' PHYSICAL ACTIVITY  
AND FITNESS DURING THE COVID-19 SHUT-DOWN

29 APRIL 2020

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INSIGHTS

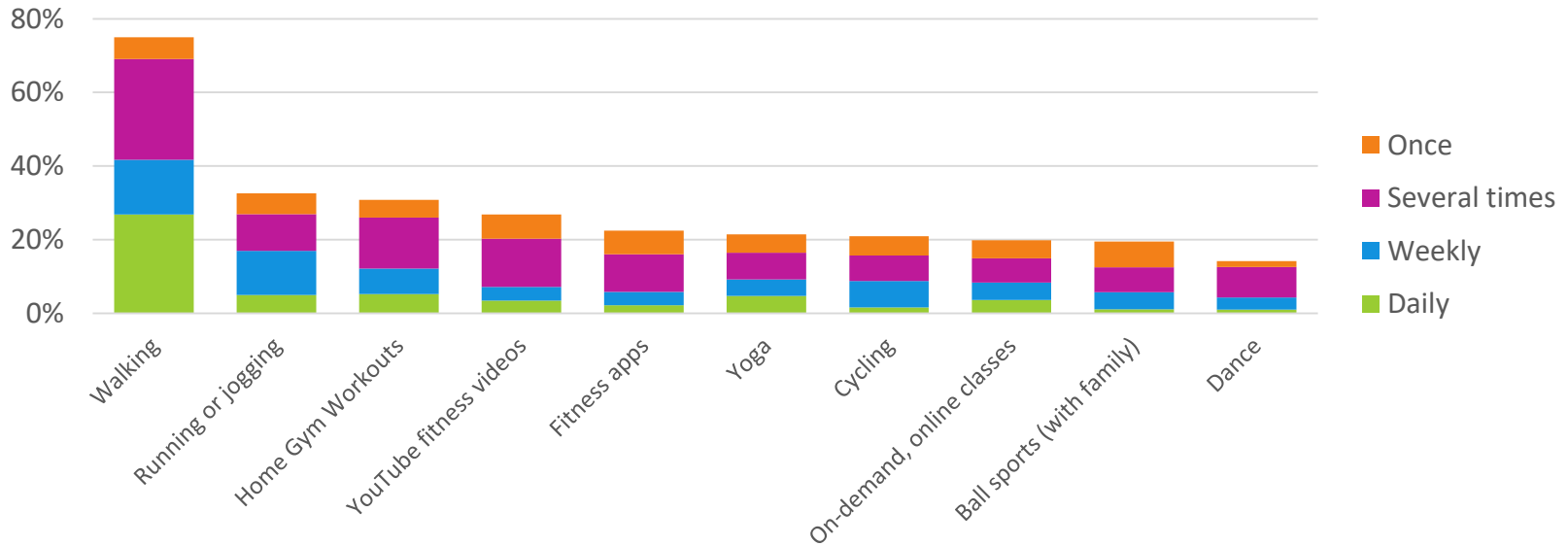


## QUICK FIRE: COVID-19 PHYSICAL ACTIVITY INSIGHTS

1. Despite the visible signs of families cycling, walking and running through the suburbs, 44% of Australians are doing **less** physical activity now than before the Coronavirus lockdown
2. A quarter of Australians have taken up a new form of exercise during the lockdown, and many are embracing online fitness – especially women and under-30s
3. More than half of 18-29 year-olds are walking more now than they used to, and a third are running more
4. There is not an obvious correlation between increased physical activity and whether or not someone is finding the lockdown challenging for their mental health

# 25% OF AUSTRALIANS ARE WALKING DAILY, AND 30% HAVE TRIED HOME WORKOUTS AT LEAST ONCE

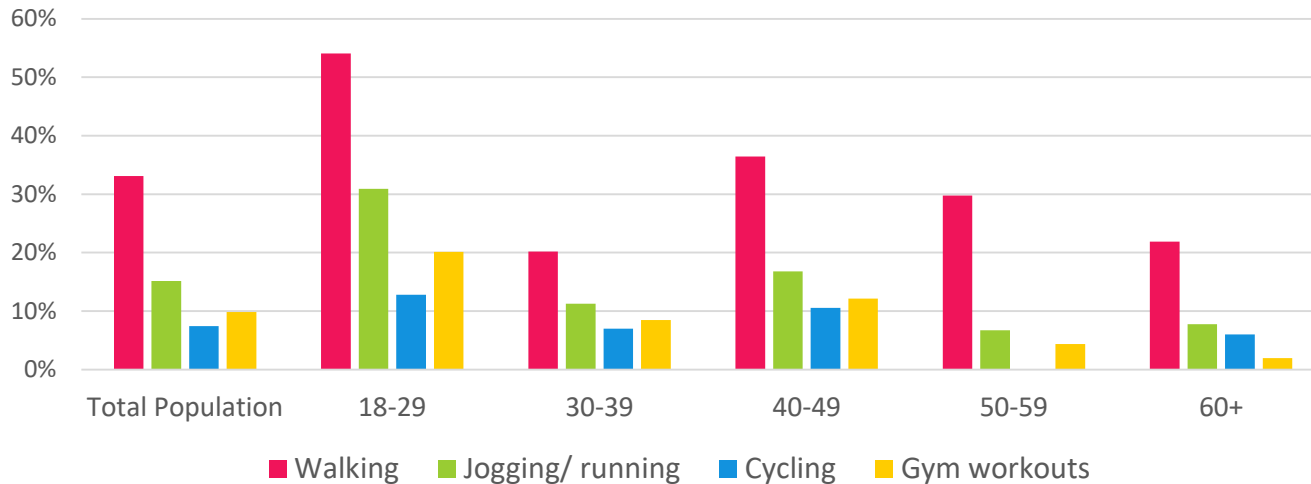
Frequency of physical activity during lockdown



Q. Since the COVID 19 lock down, how often, if at all, have you participated in these activities?

# UNDER-30S ARE TAKING TO WALKING, RUNNING AND GYM WORKOUTS DURING THE LOCKDOWN

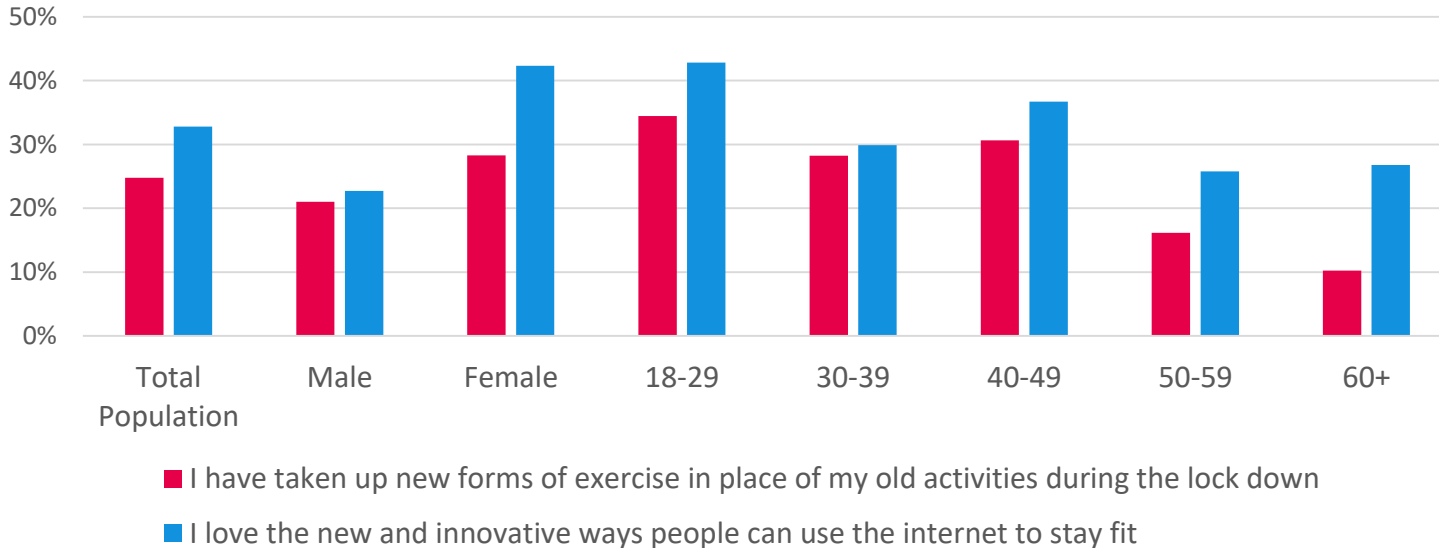
Proportion of Australians doing more of a given activity



Q. for each of the following sports or forms of exercise, when you compare back to your pre-Coronavirus levels of participation, are you now doing more, the same or less than during the Coronavirus lockdown ?

# A QUARTER OF AUSTRALIANS HAVE TAKEN UP A NEW FORM OF EXERCISE, AND MANY ARE EMBRACING ONLINE FITNESS

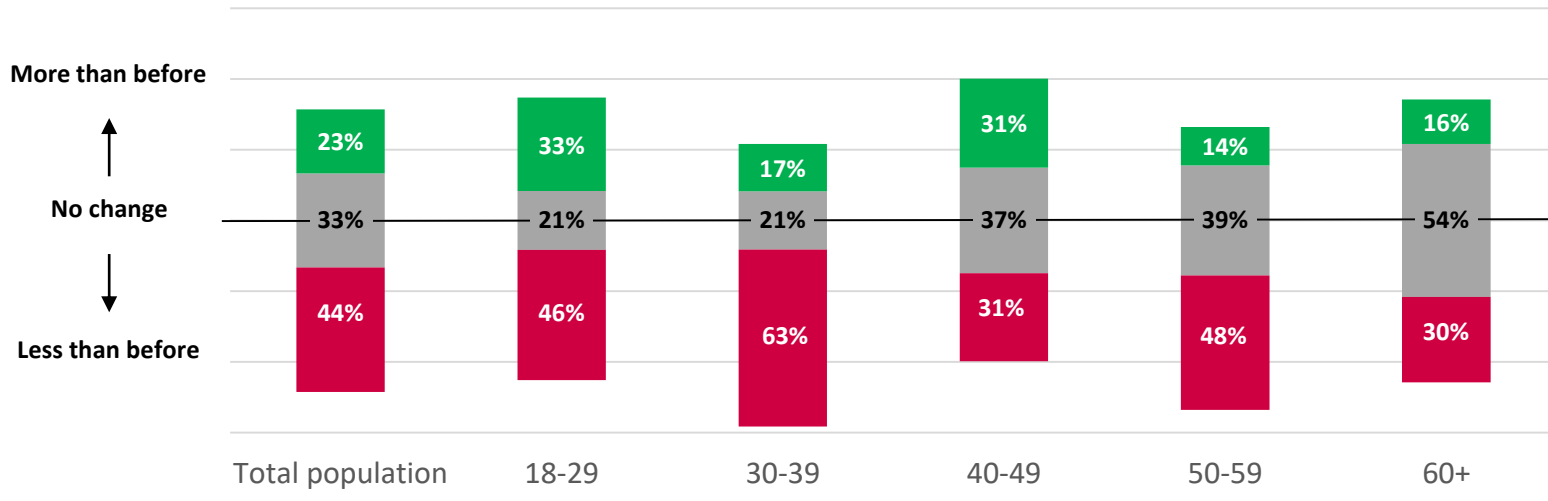
**New activities and online fitness**



Q. State the degree as to which you agree with following statements about the impact of Level 3 restrictions to combat COVID 19 (agree and strongly agree)

# BUT MANY AUSTRALIANS ARE ACTUALLY DOING LESS PHYSICAL ACTIVITY DURING THE LOCKDOWN

Change in amount of physical activity during Coronavirus lockdown  
(total population and by age group)

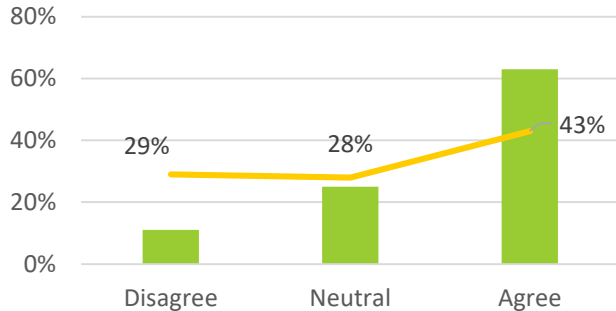


Q. Overall, how has your participation in all physical activity/exercise changed during the Coronavirus lockdown?

# INCREASED PHYSICAL ACTIVITY MAY NOT BE A PANACEA FOR MANAGING THE MENTAL HEALTH CHALLENGES OF LOCKDOWN



## Australians who exercise more than before

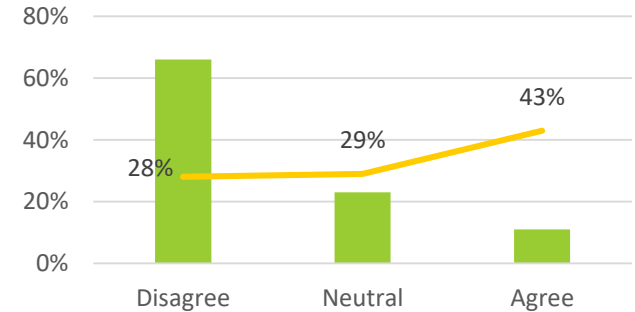


43% of people who are exercising more are finding level 3 lockdown to be challenging for their mental health – the same as those who are exercising less

Of those who are doing less exercise, 28% disagree that lockdown has been challenging for their mental health (but 66% say it's been bad for their physical fitness)



## Australians who exercise less than before



 Level 3 lockdown has been good for my physical fitness

 Level 3 lockdown has been challenging for my mental health

Q. Level 3 lock down has been good for my physical fitness; Level 3 lock down has been challenging for my mental health (strongly disagree to strongly agree)

Download our other COVID-19 research reports here  
<http://thegembagroup.com/news/free-covid-19-sports-entertainment-insights/>

- Gemba conducted this poll of Australians over 23-24 April 2020
- Nationally representative sample n=272

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